



FROM THE PRESIDENT

APRIL MEETING



COMMITTEE

President

Gerald Christmas

Vice President

Tony Travers

Imm. Past Pres.

Ross Bruwel

Secretary

Bob Pearce

Treasurer

Hugh Seccombe

Committee

Alan Ambler

Allan Blake

Tony Bowra

Peter Davenport

Kevin Fitzpatrick

Richard Hannaford

James Ritchie

Barry Stone

Peter Turner

Rufus Wolfson

OTHER ROLES

Minute Secretary

John Mattes

Cashier

Peter Davenport

Hon Auditor

David Lloyd

Speakers

Brian Cohen

Allan Blake

Welfare Officer

Peter Cornish

Tours, Outings

Barry Stone

Tony Bowra

Music, Art

John Brooks

Gerald Christmas

Newsletter

Peter Dee

Outreach

Stewart Horwood

Meetings

Coordinator

Martin Grover

Hospitality &

Jims Jaunts

Jim Holloway

Golf

Tony Travers

John Pike

Cycling

Allan Blake

Stewart Horwood

Tennis

David Harris

2Fifty Club

John Minnett

Postman

Bob Pearce

Website

Geoff Lumsdaine

Peter Dee



Fellow Members and Partners

I am delighted to have the privilege of being appointed President.

Our recently elected Management Committee comprises some experienced hands and some new faces. We welcomed Kevin Fitzpatrick and Peter Turner as new Committee members. A casual vacancy was declared for Vice President which, I am pleased to say, has now been filled by Tony Travers.

In order to keep the Club humming, we have not only the Management Committee of 15 but also a platoon of other members who fulfil a multitude of roles in relation to our management, meetings, outings, sports, interests and activities. See them listed in our Newsletter. They all love being asked about what they are doing, and always welcome anybody who would like to participate or perhaps assist in some way. That is what keeps our Club moving, alive and growing.

As members of Probus, we have in common what I mentioned at the AGM. Each of us have, in our earlier years, given ourselves to 'filling our bottle' with family, education, work, goals and achievements. That is the first stage of life.

The second stage is savouring, enjoying, 'consuming the contents of the bottle'. That is why we join, attend, participate in and enjoy our Probus programme.

I have recently become aware that, although the Club is growing and in good shape, there is a substantial number of our members who seldom attend our General Meetings, outings or join in our activities.

Why is this so, I wonder? Certainly, for some it is their preferred option or necessary due to other commitments or health issues. That is understandable.

But, I wonder if our Club should be doing things differently. How can we improve? Are there other different things we should be doing? Or should we continue as is?

If you have any suggestions, please phone or email me or one of the Committee. We do welcome feedback.

The more we participate at meetings, outings and activities and on committees or fulfilling roles and doing things for the club, the more we will enjoy our membership of this marvellous group of likeminded people. May it continue to grow and prosper. Cheers,

Gerald Christmas, President

This month's meeting will be held on **Tuesday 11th April** in the Auditorium at North Sydney Leagues Club, Abbott St Cammeray.

- 10:00 - 10:20 general business
- 10:20 - 10:30 personal corner
- 10:30 - 11:00 morning tea
- 11:00 - 11:50 guest speaker
- 11:50 - 12:00 wrap-up & photos
- 12:00 - optional refreshments, lunch and snooker

GUEST SPEAKER

KEN BULLOCK Falls Injury Prevention

Slips, trips and falls can happen to anyone. However, the risk of falls increases with age, and the consequences of falling can be more serious for older people. In NSW, the total cost of health care associated with fall injuries in older people, is over \$560m pa. The good news is that many of these falls can be prevented.

This presentation shows how to identify the risk factors that could cause a fall and illustrate practical ways to reduce those risks.

Ken is a volunteer peer educator for the Health Promotions Service for Older People which is supported by NSW Health. Ken is also Secretary of the Meadowbank Combined Probus Club.

PERSONAL CORNER

Malcolm VERMAN

Career: Shipwright, boat builder, retailer and remedial builder; Managing Director

Interests: Sailing, skiing, motor sports, gardening and travel
Malcolm and Margaret live in Cammeray

At the **TEA & COFFEE** break.....

Members are requested to observe any requests from the refreshments organisers, moving away from the machines once you have been served.



at The Basin

OUTINGS

Northern Beaches HOSPITAL Wednesday 12th April 2017

We are fortunate to have been granted access for a tour of the Northern Beaches Hospital whose construction is due for completion in 2018. We will also visit the Roads and Maritime Office to hear about the extensive upgrade of surrounding roads. Our group is restricted to 25 and the tour is now full. We depart Norths by mini Coach at 9:00am, lunch at the Belrose Hotel and return about 3:00pm at a cost of \$40pp.

Barry Stone 9953 6748

Tony Bowra 9969 1128

2FIFTY CLUB Friday 28th April Watsons Bay

The next outing is a visit to Watsons Bay. Meeting at the eastern end of the Alfred St bus terminal at Circular Quay at 10:00am, we catch the 380 bus to Watsons Bay travelling through Bondi Junction to Bondi Beach. There we'll have morning tea before rejoining the 380 bus through Dover Heights to Military Rd at Watsons Bay. We will have time to visit the Gap and ocean lookout before a short walk to the Jetty at Watsons Bay. There we have lunch and afterwards visit the local area before catching the ferry back to Circular Quay arriving around 3:00pm.

John Minnett 9417 7705

Annual Subscription Due

Your annual subscription of \$45 is now due. Please don't leave it till the membership deadline in June. You can pay by cash at the meeting or by cheque or, preferably, transfer online including your name for reference. See the box below right for account details.



May GUEST SPEAKER

Keith MASON - Topic to be advised



The Basin ferry

OUTINGS

Tour of SYDNEY MINT and HYDE PARK BARRACKS

Tuesday 23rd May 2017

Australian history abounds in Macquarie Street. Historic Sydney Mint is the oldest public building in the Sydney CBD. Built between 1811 and 1816 as the southern wing of the Sydney Hospital, the elegant colonnaded building once formed the southern wing of Governor Macquarie's notorious Rum Hospital and later part of the first overseas branch of London's Royal Mint.

The World Heritage listed Hyde Park Barracks played a central role in the world's largest and longest-running system of convict transportation. It was designed by convict architect Francis Greenway between 1818 and 1819 and originally built to house convict men and boys. With the end of transportation, the main building was converted into Sydney's female Immigration Depot in 1848 - 1887, then a female asylum from 1862 - 1886.

The Tour commences at 10.30am and should finish around 1.00-1.30pm at the northern end of Hyde Park. Meet in the quadrangle of the Hyde Park Barracks, Queens Square at 10.20am.

The cost of \$30pp includes guided tour, entrance fees and the lunch at the Bakehouse within the Barracks. Beer, wine, coffee and tea can be purchased separately.

Payment preferably by bank transfer (see box below right). Please add your name to the Sign On Sheet at the next meeting or contact

Barry Stone 9953 6748

or 0400 388808

or cb.stone@bigpond.net.au

JIM'S JAUNT Thursday 25th May

Sydney hidden treasures old/new/old

We meet at Railway Square bus station at 9:30am. Diving below George St to Sydney's 2nd oldest rail track, now like NY Hi Line. See the UTS 'crumpled bag' building - make your own assessment as to good/bad and why; all new Tumbalong Park - ping pong anyone; walk to Pyrmont, on to King St wharf - beer/coffee; on to Barangaroo views and the sandstone wall. Lunch at Yuppie headquarters 'the Canteen' and see the young at play. Flat walk over five km for three hours; a lift at Barangaroo and back through Sydney's newest tunnel to Wynyard by 2pm.

Jim Holloway 9955 1368

ACTIVITIES

ART & MUSIC John Brooks 9908 2820

Sit and wonder at another free concert at the Town Hall at 12.30 Mon 1st May (much better than shopping).



The Conservatorium also has free events. On Wed 12th Apr the Modern Music Ensemble plays at 12.30pm then at 7pm you can enjoy a free recital by two pianists.

Midday 12.30 free concerts continue after Easter - each Wednesday & Thursday beginning 26 & 27 April.

The NSW Art Gallery has the interesting *The National: New Australian Art* with works by 48 artists at the 3 locations. Also at the Gallery is *The You Beaut Country*: a recipe for art by John Olsen - 'You Beauty'. On Lower Level 2 is the *Art Express* show - outstanding works by 2016 HSC students.

CYCLING

Stewart 9439 9609 or Allan 9960 8830

Monday routes & times vary. Saturdays, we ride around the wharves & Barangaroo from Glebe or Milsons

Point, say 25km; start at 7:45am, finish around 10:00am. If interested in

Saturdays, contact Stewart Horwood or Allan Blake. Details on our group e-mail.



9 HOLE GOLF

Tony Travers 9439 4996

Each Monday from 9:45am at the Lane Cove Country Club.

MOVIE ENJOYMENT GROUP

David Bruce-Steer

9419 7017

Meet at the Cremorne Orpheum on 4th Monday each month. Look out for our flyer in the week before.



ROLL-UP LAWN BOWLS

Peter Cornish

9909 8994

Roll-up Lawn Bowls is usually held at North Sydney Bowling Club at St Leonards Park every Wednesday morning. The venue is under new management and it operates well. For more information, contact Peter.

SAILING

Ross Bruwel 0421 817 106

Ross invites you to sail with him on his yacht *Renada* on Thursday 18th April; embarkation is usually at Middle Harbour Yacht Club.



TENNIS

Hugh Secombe 923 2300

Tennis, will be held at *Love n Deuce* in Talus St, Naremburn on Monday 17th April between 2 and 4pm. Sign the sheet at Tuesday's meeting or contact Hugh.

Payments:

Kindly pay for outings in advance of any deadline and online if possible. When paying online, please ensure that you quote the relevant activity, perhaps abbreviated, in the description to eliminate confusion.

Note the bank account details

BSB 082 057 a/c no: 28869 5672

a/c name: Probus Club of Neutral Bay.



at The Basin Reserve



Harbourside walk

This is sponsored by KWIKKOPY 6/129-133 Military Rd Neutral Bay ph 9953 3077
Your Committee uses us for all their photocopying and printing needs